

What is claimed is:

1. A fat or oil composition comprising oleic acid of 3~9 parts by weight, linolic acid of 5~15 parts by weight, and linolenic acid of 0.1~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.
2. A fat or oil composition comprising oleic acid of 3~7 parts by weight, linolic acid of 6~10 parts by weight, and linolenic acid of 0.5~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.
3. A fat or oil composition according to Claim 1 or 2, wherein a ratio of the long-chain highly unsaturated fatty acids is 3~7 % by weight of the whole fatty acid composition.
4. A fat or oil composition comprising oleic acid of 5~40 parts by weight, linolic acid of 10~60 parts by weight, and linolenic acid of 0.1~4 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.
5. A fat or oil composition comprising oleic acid of 8~35 parts by weight, linolic acid of 12~45 parts by weight, and linolenic acid of 0.2~3 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.
6. A fat or oil composition according to Claim 4 or 5, wherein a ratio of the long-chain highly unsaturated fatty acids is 1~3 % by weight of the whole fatty acid composition.
7. A fat or oil composition according to any one of Claims 1 – 6, wherein the long-chain highly unsaturated fatty acids are EPA and/or DHA.
8. A fat or oil composition according to any one of Claims 1 – 7, wherein an antioxidant is not added.
9. A fat or oil composition according to any one of Claims 1 – 7, which comprises an antioxidant of 0.005~0.02 % by weight. .
10. A fat or oil composition according to any one of Claims 1 – 9, which is a liquid state at 5°C.
11. A fat or oil composition according to any one of Claims 1 – 10, which is prepared from flax seed oil, corn oil or purified fish oil.